

# **SELF-ENQUIRY**

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**Gillingham**  
**Kent ME8 0SL**  
**United Kingdom**

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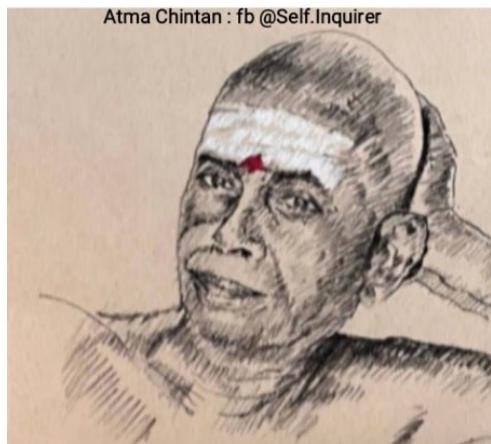
**ISBN Number: 978-1-915668-21-9**

### PREFACE

This Section of the Book in the Series under the theme 'The Allurement of Reality goes into the nature of the Self, the highest attainment of the mind otherwise known in Hinduism as atman or even mahatma when all the ego has vanished due to the fact that there are no attachments, but one is still connected to everything. It makes for the perfect actions in life that no one can criticise and all enemies of truth are vanquished by the power of the Self that is full of knowledge and has full awareness to remove all fears as the mind is silent in bliss perennially.

The book section draws upon writings that influenced the author in discovering his own path to the Self.

Of course Self Enquiry cannot be conducted in isolation from the world that one lives in and is done by understanding Brahman in its Brahma-Nature composition so that one can interact with others in making progress upwards and onwards in life.



Atma Chintan : fb @Self.Inquirer

836. That which remains unrenounced after all that can be renounced has been renounced – that existence shining in the Heart as the real Self, alone is the attainment of bliss abundant.

GVK

Shantanu Panigrahi

57 m .

Shared with Public

Sachin NAdvaita

7h .

<https://www.facebook.com/101417824714614/posts/610171820505876/>

Shantanu Panigrahi

When you are the Self (Brahman), everything has been renounced and you are blissful.



Harsha JoshiAdvaita

9h .

Ramana Maharishi says: "The fact is, you are ignorant of your blissful state. Ignorance supervenes and draws a veil over the pure Self which is bliss. Attempts are directed only to remove this veil of ignorance which is merely wrong knowledge. The wrong knowledge is the false identification of the Self with the body and the mind. This false identification must go, and then the Self alone remains."

<https://play.google.com/store/apps/details...>

Shantanu Panigrahi

1h ·

Shared with Public

Precisely.

**Ramana Hridayam**

13h ·



#### CONVERSATIONS WITH ANNAMALAI SWAMI

##### NO TIME AT ALL

Q: It seems that so much time is needed to realize the Self; many lifetimes in fact. For me, realization always seems to be an event in the distant future.

AS: You don't need hundreds of lives to realize the Self. In fact, you don't need any time at all. Your idea of time is one of the things that is holding you in bondage.

Time is one of the properties of the mind. Liberation does not come after a period of time because there is no time in the Self. Liberation comes when you fully understand and experience there is no one who needs liberation.

That understanding and that experience only arise when the mind and its inbuilt ideas of time cease to function. If you think about time and start to worry about how much longer it will be before you realize the Self, your attention will be on the mind and not on the Self. You can only make progress while the mind is on the Self.

Living by the Words of Bhagavan, p. 288

1 comment

Shantanu Panigrahi

The mind does not need to be on anything not even Self. When you are the Self (Brahman) you are aware fully, and Self-sufficient.

I posted this in a Blog in Sampradaya and set up a couple of Videos in the Library and one on the Video Maker. Then an email came from Wix to check my domain name and address details for ICANN registration information purposes. I just deleted the email on this Sunday morning thinking that I must come off the spiritual land and down to Earth to face what is coming tomorrow in the material sphere. I will not publish anything in Daily Bulletin or elsewhere in any of the websites. They are all complete and have served their purpose. I need to be purposeful that I am not out of the woods yet and will not be so long as Kent Police has still retained our desk-top computer, the Amazon Fire, my

USB Memory Stick and the old Mobile phone as well as erased all the Biometric data like finger prints and DNA it took when I was held in Police custody on 24 November 2021.

With that in mind and leaving Self (Brahman) aside as the ultimate point of Realisation that my satya-advaita yoga took me to experience, there is nothing further up the sky for me to examine and it is time to buckle down and try to survive in liberty by watching and having all my ammunitions dry.

I am not a renunciate therefore and will not be attached as if I have realised my destination as my destiny. I must survive here in the United Kingdom and fight the dharmayudha to retain my status and reputation in the world that we have to live in.

The ball is in the Courts of the United Kingdom. No emails came from Tesco, BP or Sainsburys to the job applications so that is the reality that I am confronted with. The websites are the property of Wix and Bravenet just as it was the property of Wordpress that archived and suspended it. I have approved the test copy of 'The Final Nail in the Coffin' so all my experiences are stored in Lulu Publishing in email and print book format for the Court of Public Opinion to judge. This will be the next book that I write until the saga is well and truly over. I must have my £55,000 severance payment from the University of Greenwich and the refund of the £4170 paid as costs to the Cabinet Office and I will fight till the last drop of my blood to get justice in the material world.

As things stand the State of the United Kingdom goes down in history as a Dictatorial Monarchy that the email to Tesco has outlined so it has to be brought into play.

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**21.30 pm (UK-Time) 4 September 2022**

**CLAIM FOR INJUNCTION AGAINST KENT POLICE AND ASSOCIATED MONEY CLAIMS UNDER CLAIM NUMBER JOOME572**

EMAIL SERVICEshanpanigrahi5000@outlook.com  
21:45, 4 Sep 2022

To: Medway County, Enquiries  
Attachment: ToKentPoliceFEnumerothers3Sep2022.docx  
To  
The Court Manager  
Medway County Court

Dear Sir/Madam,

It has not been possible to reach an amicable settlement of this Claim for damages and compensation of £3.5 million payment to me from Kent Police and in this regard kindly see the attachment to this email ToKentPoliceFEnumerothers3Sep2022.docx together with the following correspondence with Tesco to which there has been no reply.

If I do not make any headway in my Claim in light of the fact that Kent Police continues to retain our desk-top computer, Amazon Fire, USB Memory Stick and old Mobile phone and further has not erased all the Biometric data (my finger prints and DNA) taken on 24 November 2021 from its records we will have final proof that the United Kingdom is a Dictatorial Monarchy with the Royal Constabulary an arm of Her Majesty the Queen that the Courts cannot overrule in this special circumstances.

Yours sincerely

Dr Shantanu Panigrahi  
 3 Hoath Lane  
 Wigmore  
 Gillingham  
 Kent ME8 0SL  
 Tel: 07967789619

Sent from Mail for Windows

FW: New jobs matching your search criteria for Store colleagues  
 From: EMAIL SERVICEshanpanigrahi5000@outlook.com  
 Sent: 03 September 2022 21:22  
 To: resourcingteam@tesco.com  
 Subject: FW: New jobs matching your search criteria for Store colleagues

Dear Tesco

I am sorry, I did not see this earlier, only just spotted it on my phone: please bear in mind that I have informed the Indian High Commission that if it cannot assist me, much to my regret, I would be languishing in the United Kingdom where a libertarian has no liberty or human rights as it is crystal clear that we live in a Dictatorial Monarchy to serve the State in whatever capacity it deems appropriate. And the State can use its available resources and Security services to bring those who wish to be independent and free-thinking into line to comply with whatever the State requires, usurping by seizure or other insidious means including fining as costs that I had to pay the Cabinet Office for Claim E35YM660 at the Central London County Court which turned out to be a futile exercise in litigation as was Claim J00ME572 at Medway County Court. I await the High Commission of India's response as set out in the link [Here](#) on whether I will receive a Person of Indian Origin Card that I applied for a decade ago.

Delivery Status Notification (Failure): High Commission of India  
 ([knowledgeassessmentanddissemination.com](http://knowledgeassessmentanddissemination.com)).

<https://www.knowledgeassessmentanddissemination.com/post/delivery-status-notification-failure-high-commission-of-india>

I am now in a position to do so and would like to apply for jobs at Tesco, although it seems to me that you have not yet decided on the result of my 15 August 2022 application for a Customer Services Assistant role in Maidstone. If you would clarify the outcome to me it would be useful as Riverhead is a bit further away for travelling to.

Thank you for interviewing me on two occasions in the past month for vacancies at Rainham Extra and I look forward to your reply and will go and search for more jobs at your website in due course.

Yours sincerely

Dr Shantanu Panigrahi  
 3 Hoath Lane  
 Wigmore  
 Gillingham  
 Kent ME8 0SL  
 Tel: 07967789619

Sent from Mail for Windows

From: Tesco Career Centre  
 Sent: 02 September 2022 17:43  
 To: shanpanigrahi5000@outlook.com  
 Subject: New jobs matching your search criteria for Store colleagues

Hello Shantanu,

We're sending you these emails because you subscribed for our job alerts on the Tesco Career Centre, and these jobs match your alert: "Store colleagues ( Warehouse / United Kingdom / ME8 / Stores - Colleagues / Part time - Flexi )".

So, when you click on one of the links below, you'll be taken straight to the login page, if you're not already logged in:

- Customer Assistant BACKDOOR/WAREHOUSE

Salary: Competitive • Location: Riverhead • Contract Type: Part time - Flexi • Closing Date: 15/09/2022

You can manage your job alerts here, and if you have forgotten your password, don't worry, you can reset it [here](#).

All the best,

Tesco Resourcing Team.

Explore our opportunities to get on. Everyone is welcome.

[Click here](#) to unsubscribe from receiving job matching emails.

**Automatic reply: CLAIM FOR INJUNCTION AGAINST KENT POLICE AND ASSOCIATED MONEY**

**CLAIMS UNDER CLAIM NUMBER J00ME572**

Medway County, Enquiries<[enquiries.medway.countycourt@justice.gov.uk](mailto:enquiries.medway.countycourt@justice.gov.uk)>

21:47 4 Sep 2022

To: EMAIL SERVICE SERVICE [shanpanigrahi5000@outlook.com](mailto:shanpanigrahi5000@outlook.com)

DO NOT REPLY

Thank you for your email. This Automated Response confirms that we have received it.

1. If you are getting in touch about an upcoming hearing date or something urgent, we will reply as soon as we can. If you've not done so already, please supply us with your contact details so we can get back to you easily.
2. If it is about something else, we will try to reply to your email within 10 working days. We may take longer to reply to you.

Please ensure you inform the Court of any changes to your contact details.

Q. I have to attend a hearing but I have developed COVID symptoms what should I do?

1. You must not attend our building if you have:

- Coronavirus symptoms
- tested positive or awaiting a result
- been told to self-isolate

Even if you have emailed us and not heard back from us yet.

2. You must make contact with the court / tribunal as soon as possible. A Judge will decide how to proceed.
3. We'll send you an email letting you know what that decision is and what to do next. The email will confirm if:

- your hearing will be by video or phone. We'll send instructions on how to join
- you've been given a new hearing date.

Please be patient while we do this and avoid making contact if you can.

You can find up to date information on our response to coronavirus (COVID-19) at:

<https://www.gov.uk/guidance/coronavirus-covid-19-courts-and-tribunals-planning-and-preparation>

To find information about your local court / building, use the link below:

<https://courtritribunalfinder.service.gov.uk>

For court forms and leaflets (including the court fees leaflet), please go to:

<http://hmctsformfinder.justice.gov.uk/HMCTS/FormFinder.do>

Here is how HMCTS uses personal data about you

This e-mail and any attachments is intended only for the attention of the addressee(s). Its unauthorised use, disclosure, storage or copying is not permitted. If you are not the intended recipient, please destroy all copies and inform the sender by return e-mail. Internet e-mail is not a secure medium. Any reply to this message could be intercepted and read by someone else. Please bear that in mind when deciding whether to send material in response to this message by e-mail. This e-mail (whether you are the sender or the recipient) may be monitored, recorded and retained by the Ministry of Justice. Monitoring / blocking software may be used, and e-mail content may be read at any time. You have a responsibility to ensure laws are not broken when composing or forwarding e-mails and their contents.

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**22.08 pm (UK-Time) 4 September 2022**

**UNSATISFACTORY RESPONSE TO COMPLAINT OF HARASSMENT**

Yahoo

/

Inbox

Shantanu Panigrahi <shantanupanigrahi@yahoo.com>

To:

Force Control Kent Police, Enquiries Kent Police

Cc:

Central London DJSKEL, Civil Appeals - Registry, [registry@supremecourt.uk](mailto:registry@supremecourt.uk)

Mon, 5 Sept at 08:10

To

Kent Police

Dear Sirs

Your response to my submission yesterday was totally unsatisfactory as it was incomplete [FrKentPoliceEnquiries(EnquiriesK1.arn)3Sep2022.docx] as you will note in my correspondence to Medway County Court as attached: ToMedwayCountyCourt(J00ME572)4Sep2022.docx.

I need a resolution of my Claim not dithering and delaying from all concerned, including the Court of Central London in respect of Claim E35YM660.

Yours sincerely

Dr Shantanu Panigrahi  
 3 Hoath Lane  
 Wigmore  
 Gillingham  
 Kent ME8 0SL  
 Tel: 07967789619

*Download all attachments as a zip file*  
***FrKentPoliceEnquiries(HarassmentKlarnaetc)3Sep2022.docx 15.8kB***  
***ToMedwayCountyCourt(J00ME572)4Sep2022.docx 17.6kB (as above)***

**RE: EXTERNAL - Harassment2**

Yahoo  
 /  
 Inbox  
 Enquiries Kent <enquiries@kent.police.uk>  
 To:  
 Shantanu Panigrahi  
 Sat, 3 Sept at 14:23  
 Good afternoon  
 You will need to contact your bank, it seems they are trying to make you aware of possibly fraudulent activity.  
 You may want to report this to Action Fraud as well but your bank will need to investigate this also.  
 Kind regards  
 Jade 61270  
 Admin  
 Kent police

[Hide original message](#)

From: Shantanu Panigrahi <shantanupanigrahi@yahoo.com>  
 Sent: 03 September 2022 14:14  
 To: Force Control Kent <force.control@kent.police.uk>; Enquiries Kent <enquiries@kent.police.uk>  
 Cc: Membership <membership@libertyhumanrights.org.uk>; Labour Membership <labourmembership@labour.org.uk>; Membership <membership@libdems.org.uk>; Katrina Sale <katrina@conservativepolicyforum.com>; Orla Scanlan <orla.scanlan@blmlaw.com>; Enquiries Medway County <enquiries.medway.countycourt@justice.gov.uk>; Central London DJSKEL <centrallondondjskel@justice.gov.uk>; Civil Appeals - Registry <civilappeals.registry@justice.gov.uk>; omar.sagher@governmentlegal.gov.uk; enquiries@policeconduct.gov.uk; electoralservices@medway.gov.uk  
 Subject: EXTERNAL - Harassment

CAUTION: This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe.

To  
 Kent Police

Dear Sirs

I am being harassed again first by Barclays Bank with the following text message: 'Hi, we have found an issue with your debit card, so we have sent you a replacement. Your old card won't work after 28 days, or as soon as you use your new one' No such card has arrived as replacement and the text message does not specify what issue the Bank has found with my present Card.

Secondly, I received a letter in the post this morning from Klarna for Payment Reminder of £26, when I have never ever had an account wth this company: see attached: Klarna(CAE)3Sep2022.docs.

This follows a the incessant emails from a Sarah Ritterhouse that I finally replied to to see what she wanted from me as linked here: My Reply to Sarah Ritterhouse at last (knowledgeassessmentanddissemination.com)

<https://www.knowledgeassessmentanddissemination.com/post/my-reply-to-sarah-ritterhouse-at-last>

My Reply to Sarah Ritterhouse at last

Hi Inbox Sarah ritterhouse 18:22 (30 minutes ago) How are you? My name is Sarah Ritterhouse, I came across your ...

But no reply has come back from Ms Ritterhouse indicating that she was hell bent on harassing me.

I had brought to Kent Police's notice that I had been the victim of almost 2000 criminal anonymous emails to me, my wife, my associates in employment, to my Consultant Psychiatrist and Care Coordinator and my GP Surgery. What is the result of your investigations on these Hate Crime matters? You would by now have found out that I had nothing to do with sending malicious emails to Katrina Sale, BP or staff of BLM Law and also had nothing to do with the threatening email that PC Cameron Crockett had said that I was responsible for.

All in all I am very disappointed with Kent Police over the years as providing a very poor service to our community in Kent and intend to report this to Medway Council and the Policing Minister unless Kent Police rectify these abysmal negligence in dealing with Hate crimes from a organisation calling itself Victims of Panigrahi Association of which Marty Caine, Sivaji Panesar and Nitin Bharadwaj are the main perpetrators of persecution on me.

Yours sincerely

Dr Shantanu Panigrahi

3 Hoath Lane

Wigmore

Gillingham

Kent ME8 0SL

United Kingdom

Tel: 07967789619

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use of personal data please go to <https://www.kent.police.uk/hyg/privacy/> or <https://www.essex.police.uk/hyg/privacy/>. Additionally for our Terms and Conditions please go to <https://www.kent.police.uk/hyg/terms-conditions/> or <https://www.essex.police.uk/hyg/terms-conditions/>

Enquiries Kent <[enquiries@kent.police.uk](mailto:enquiries@kent.police.uk)>

To:

Shantanu Panigrahi

Sat, 3 Sept at 14:32

Good Afternoon,

Regarding your bank card, we would advise to contact the bank and enquire about why the card was changed. Also ask how the card was posted and if they have a tracking number as the card has become lost in transit. We would also advise to contact Klarna and report the letter justifying that you have not had an account with the company previously. They will need to make an investigation and can contact us directly if there are actions of the police.

Regards,

Oliver

61671

Admin Desk, Force Control Room

Kent Police, Sutton Road, Maidstone, Kent ME15 9BZ

Telephone: 01622 690690 (Switchboard)

Email: [enquiries@kent.police.uk](mailto:enquiries@kent.police.uk)

Web: [www.kent.police.uk](http://www.kent.police.uk)

Show original message

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**Last Update: 08.20 am (UK-Time) 5 September 2022**

**Update:**

No emails came but at 10.09 am a text message came from the GP Surgery: Appt reminder: Sep 08 at 10.50 AM with Mrs Bhumi Balani at Parkwood Health Centre A. If you can't attend text back CANCEL. Get our App: [www.mygp.io/app](http://www.mygp.io/app) .

**UNSATISFACTORY RESPONSE TO COMPLAINT OF HARASSMENT3**

Yahoo

/

Sent

Shantanu Panigrahi <shantanupanigrahi@yahoo.com>

To:

Administrative Court Office Case Progression

Cc:

QB Judges Listing Office, Eastkentmc, Northkent, CATLIS Long (LONG CATLIS ROAD SURGERY),  
KMPTPALS (KENT AND MEDWAY NHS AND SOCIAL CARE PARTNERSHIP TRUST), Panigrahi Rashmi

Hide

Mon, 5 Sept at 10:22

To

Administrative Court

Queens Bench

Queens Bench Judges Listing

Dear Sir/Madam

1. I have not had any acknowledgement of the following emails sent to Kent Police, the Medway County Court, the Court of Appeal or the Supreme Court of the United Kingdom despite the urgency that is implicit for the proceedings to progress further. In order to find out if there are any Court proceedings pending for or against me in a civil court or a criminal court (at East Kent Magistrates Court of North Kent Magistrates Court/Medway Magistrates Court) I am drawing your attention to my original Claim CO/1680/2002 of the Administrative Court and HQ17X01773 now in light of the fact that I have just a few moments ago received a text message from my GP Surgery asking me to visit the Surgery for a Blood Test which indicates that I am still being supervised by the Mental Health authorities for a mental disorder of paranoid schizophrenia and persistent delusions, that I have in the past vigorously protested against.

2. Please advise me what I should do in the circumstances. I am still not represented.

Yours sincerely

Dr Shantanu Panigrahi

3 Hoath Lane

Wigmore

Gillingham

Kent ME8 0SL

Tel: 07967789619

Show original message

----- Forwarded message -----

From: Shantanu Panigrahi <shantanupanigrahi@yahoo.com>

To: Force Control Kent <force.control@kent.police.uk>; Enquiries Kent <enquiries@kent.police.uk>

Cc: Central London DJSKEL <centrallondondjskel@justice.gov.uk>; Civil Appeals - Registry

<civilappeals.registry@justice.gov.uk>; registry@supremecourt.uk <registry@supremecourt.uk>

Sent: Monday, 5 September 2022 at 08:10:50 BST

Subject: UNSATISFACTORY RESPONSE TO COMPLAINT OF HARASSMENT

To  
Kent Police

Dear Sirs

Your response to my submission yesterday was totally unsatisfactory as it was incomplete  
[FrKentPoliceEnquiries(EnquiriesK1.arn)3Sep2022.docx] as you will note in my correspondence to  
Medway County Court as attached: ToMedwayCountyCourt(J00ME572)4Sep2022.docx.

I need a resolution of my Claim not dithering and delaying from all concerned, including the Court of  
Central London in respect of Claim E35YM660.

Yours sincerely

Dr Shantanu Panigrahi  
3 Hoath Lane  
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Tel: 07967789619

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**FrKentPoliceEnquiries(HarassmentKlarnaetc)3Sep2022.docx 15.8kB**  
**ToMedwayCountyCourt(J00ME572)4Sep2022.docx 17.6kB**

**Auto-Reply**

Yahoo  
/  
Inbox  
eastkentmc <eastkentmc@justice.gov.uk>  
To:  
Shantanu Panigrahi  
Mon, 5 Sept at 10:23

Thank you for your email.

We have received your query and will ensure that the relevant person deals with it as soon as  
possible.

Please do not re-send your query, as this will not result in it being dealt with any sooner.

Please note: Court staff are not legally trained and so are unable to offer legal advice.

If you are uncertain how to proceed, information can be found at [www.gov.uk](http://www.gov.uk). If you are in doubt it  
is best to seek professional legal advice from a solicitor or Citizens Advice Bureau.

Need to make a complaint? Get started here: <https://www.resolver.co.uk/hmcts-complaints/>

Here is how HMCTS uses personal data about you

Coronavirus (COVID-19): courts and tribunals planning and preparations

This e-mail and any attachments is intended only for the attention of the addressee(s). Its  
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by the Ministry of Justice. Monitoring / blocking software may be used, and e-mail content may be read at any time. You have a responsibility to ensure laws are not broken when composing or forwarding e-mails and their contents.

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**10.37 am (UK-Time) 5 September 2022**

**RE: RE: First**

Inbox

from: Arun Yadav <arun@orbitmediasolution.com>  
 to: shanpanigrahi3000@gmail.com  
 date: 5 Sept 2022, 11:01  
 subject: RE: RE: First  
 mailed-by: orbitmediasolution.com  
 Signed by: orbitmediasolution-com.20210112.gappssmtp.com  
 security: Standard encryption (TLS) Learn more  
 : Important mainly because it was sent directly to you.  
 Hi,

Greetings! Hope you are doing good.  
 Hope things are fine at your end. Humbly wish to remind you that we are waiting for your views with regards to our offerings.  
 Please let me know if any of our service interests you,  
 Awaiting your quick response!

--

Regards,  
 Arun Yadav | Director  
 OMS Technologies Pvt. Ltd  
 Skype : orbitmediasolution  
 WhatsApp : +91-9821.6868.85

From: Arun Yadav [mailto:arun@orbitmediasolution.com]  
 Sent: Wednesday, August 31, 2022 4:31 PM  
 To: 'shanpanigrahi3000@gmail.com'  
 Subject: RE: RE: First

Hi,  
 Hope you are doing well!!  
 We are waiting for your positive response! If you have any concern, feel free to revert with your thoughts / queries so that we can find an answer together & get the work initiated.

--

Regards,  
 Arun Yadav | Director  
 OMS Technologies Pvt. Ltd  
 Skype : orbitmediasolution  
 WhatsApp : +91-9821.6868.85

From: Arun Yadav [mailto:arun@orbitmediasolution.com]  
 Sent: Saturday, August 27, 2022 6:41 PM  
 To: 'shanpanigrahi3000@gmail.com'

Subject: RE: RE: First

Hi,

I hope the business is keeping you busy!

I just wanted to confirm if you received my last email.

I understand you must be quite busy with work. I was a little apprehensive whether my email reached your inbox.

I look forward to hearing from you soon.

--

Regards,

Arun Yadav | Director

OMS Technologies Pvt. Ltd

Skype : orbitmediasolution

WhatsApp : +91-9821.6868.85

From: Arun Yadav [mailto:arun@orbitmediasolution.com]

Sent: Wednesday, August 24, 2022 10:25 PM

To: 'shanpanigrahi3000@gmail.com'

Subject: RE: RE: First

Hello,

I hope you are good.

I had emailed you regarding SEO services some time ago, you may be busy at that time and we have not received any response.

If you are interested in our services, then we look forward to your reply.

--

Regards,

Arun Yadav | Director

OMS Technologies Pvt. Ltd

Skype : orbitmediasolution

WhatsApp : +91-9821.6868.85

From: Arun Yadav [mailto:arun@orbitmediasolution.com]

Sent: Saturday, August 20, 2022 6:15 PM

To: 'shanpanigrahi3000@gmail.com'

Subject: RE: RE: First

Hi,

Kindly treat this as a gentle follow up mail as I was wondering if you have gone through my previous mail,

Please let me know your views so that we can take this forward.

Waiting for your response.

--

Regards,

Arun Yadav | Director

OMS Technologies Pvt. Ltd

Skype : orbitmediasolution

WhatsApp : +91-9821.6868.85

From: Arun Yadav [mailto:arun@orbitmediasolution.com]

Sent: Thursday, August 18, 2022 3:26 PM

To: 'shanpanigrahi3000@gmail.com'

Subject: RE: RE: First

Hi,

Greetings from OMS Technologies!

My name is Arun Yadav from INDIA, I'm a director of OMS Technologies Pvt Ltd ([www.orbitmediasolution.com/](http://www.orbitmediasolution.com/)). We specialize in various IT solution services such as web designing, web development, internet marketing, e-commerce development, mobile application development, SEO services , SMO services etc.

You'll get all the expected stuff like a great professional service and a fast turn around, at a bit less, and We get a bit more exposure.

Our Packages:-

Please find the below packages and select any of the best.

Package Name

Keywords

Monthly Payment Plan for Per Website

Standard Package

10

GBP 135

Business Package

20

GBP 245

Premium Package

30

GBP 365

Here is our work process to rank your website on Google 1st page. Please see below:

Step 1:- We will first find the best competitive keywords for your website and then we will work on it so that you can arise in the number of visitors on the website. If you want then you can also share your keywords on which you want to see your website on Google 1st page.

Step 2:- Now, We will analyze and optimize your website. For Example:- On-Page Analysis (Meta Title, Meta Description, Meta Keywords) ALT Tag, Heading Tags, HTML/CSS Errors Check, Canonical Issue Check, Standardization Issue Check, Sitemap (HTML and XML) Checking, Internal link Analysis, Social Media Analysis, SEO Friendly URL Check, Duplicity Analysis etc

Step 3:- We will remove all errors which we found in step 2 and make your website fully SEO friendly and supportable according to the latest SEO tactics.

Step 4:- In our last step, we will do off-page work activities. For Example: Article/Blog Writing, Press release writing & submission, Classifieds promotion, social bookmarking, social media promotion, Info-graphic presentation & promotion etc. so that you can have a great web presence on Google. From here we will increase your brand value, keywords ranking, website organic traffic.

Reporting Process:- We will provide you weekly wise work report and the end of month we will also send performance reports. From here you can track work status easily.

Look forward to start working with you and AMAZE you with our work.

--

Best Regards,

Arun Yadav | Director

OMS Technologies Pvt Ltd.

Skype:-orbitmediasolution

Whatsapp: +91-982.1686.885

E: arun[@]omstech[.] in

E : arun [@] orbitmediasolution [.] com

W : www [.] orbitmediasolution [.] com

Description: Logo



From: Gaurav Singh  
 Sent: Thursday, August 18, 2022 12:36 PM  
 To: arun@orbitmediasolution.com  
 Subject: FW: First

From: Shantanu Panigrahi [mailto:shanpanigrahi3000@gmail.com]

Sent: Wednesday, August 17, 2022 7:18 PM

To: Gaurav Singh

Subject: Re: First

Dear Gaurav

I would be interested in the SEO services. I currently have the following websites that I wish to try and get followers and members to correspond with:

Summary of Platform

<https://www.theconservativelibertariansociety.com/>

<http://vishistaadvaitavedanta.com>

<http://pub46.bravenet.com/forum/3871902446/>

<https://www.newsandviewsfromalibertariandemocrat.com/>

<https://knowledgeassessmentanddissemination.com>

<https://theallurementoffrealityinreview.com>

<https://knowledgeforworldconservation.com>

[https://www.thelibertariandemocrats.com/](https://www.thelibertariandemocrats.com)

<https://thenewclimateformankind.com>

<https://www.lulu.com/spotlight/the-allurementoffrealityofshantanupanigrahi>

<https://archive.org/details/@panigrahi491>

I have used the SEO tools in Wix to try and get some degree of Search Engine Optimisation, but am hampered by lack of a good desk-top computer that would allow me to create more Videos to upload.

Please send me Your Plan/Package so that I can see if I will be able to afford your prices: ideally I would wish to have an arrangement on a one-off basis to see the results from your work and then decide whether to extend it to monthly payments that I can budget for.

Thanks

Shantanu Panigrahi

3 Hoath Lane

Wigmore

Gillingham

Kent ME8 0SL

Tel: 07967789619

On Wed, 17 Aug 2022 at 08:23, Gaurav Singh <Gaurav98-96@hotmail.com> wrote:

Hi,

I sent you an email few days ago regarding SEO services.

PS: If you are interested, then I can send you our SEO Packages Price list, past work (Example & Sample).

Thanks,

From: Gaurav Singh

Sent: Tuesday, May 3, 2022 4:06 PM

Subject: First

Hi,

Want more clients and customers?

We will help them find you by putting you on the 1st page of Google.

We are a fast-growing company based in India with primary focus on Search Engine Optimization(SEO).

We have a dedicated team of 45+ professionals to serve you in building appropriate links and developing SEO. We are working as an outsourced vendor for many reputed SEO agency based in USA, UK, Canada and Australia.

If you are interested email us for Plan/Package.

Thanks & Regards,

Gaurav

Online-marketing-executive

***Update:***

On receipt of this email, I responded to the text message from the Surgery with CANCEL

An acknowledgement came: Your appointment has now been cancelled. Book and cancel

appointments using your smart phone by downloading the myGP app here [www.mygp.io/app](http://www.mygp.io/app).

***11.33 am (UK-Time) 5 September 2022***

**SEO Services**

from: Shantanu Panigrahi <shanpanigrahi3000@gmail.com>

to: arun@orbitmediasolution.com

date: 5 Sept 2022, 11:49

subject:SEO Services

mailed-by: gmail.com

Dear Arun Yadav

Thank you for all the information you provided in your email of 11.01 am (43 minutes ago) concerning our previous correspondence.

Could we do a free trial period of improved Search Engine Optimisation on one of my websites <http://vishistaadvaitavedanta.com>?

I can provide you with the Log In details and if it gets to the top page of the major search engine within 6 weeks we can go in for monthly service on this website. Then we can think of the other websites that I operate.

Thank you for an immediate reply.

Yours sincerely

Shantanu Panigrahi  
3 Hoath Lane  
Wigmore  
Gillingham  
Kent ME8 0SL  
Tel: 07967789619

---

***Last Update: 11.52 am (UK-Time) 5 September 2022***

Nothing came from anywhere: to enforce proceedings it all had to be put into the Daily Bulletin blog and tweeted, facebooked and posted on LinkedIn as follows:

<https://www.knowledgeassessmentanddissemination.com/post/claim-for-injunction-against-kent-police-and-associated-money-claims-under-claim-number-j00me572>

<https://www.knowledgeassessmentanddissemination.com/post/unsatisfactory-response-to-complaint-of-harassment>

<https://www.knowledgeassessmentanddissemination.com/post/unsatisfactory-response-to-complaint-of-harassment-1>

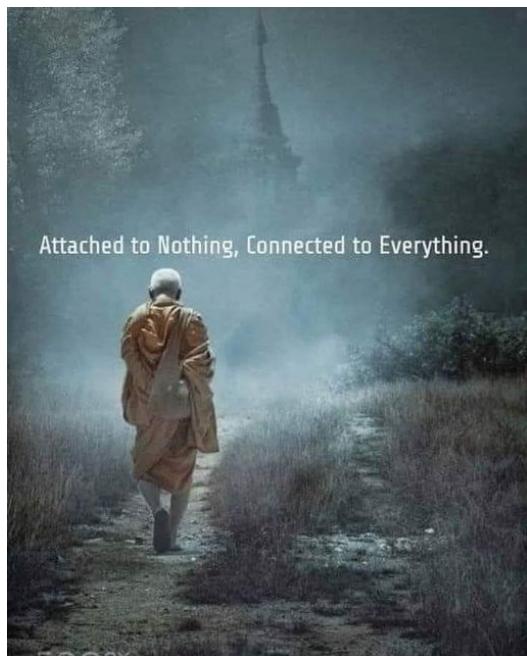
<https://www.knowledgeassessmentanddissemination.com/post/arun-yadav-of-orbitmediasolution-revisits-re-re-first>

<https://www.knowledgeassessmentanddissemination.com/post/seo-services-from-orbitmediasolution-request>

---

***13.35 pm (UK-Time) 5 September 2022***

From Facebook extract:



The Soul Journey with Sarah Moussa

19h ·

“When you love an Ancient Soul”

“There is a special kind of person in this world who is often misunderstood. These people tend to be the loners, the free spirits, the innocent lovers. They see the world for all they can – and should be – although the world rarely sees them.

They are the old souls, the dreamers, the people in tune with life, so intuitive of emotions that they frighten us. They frighten us not because of who they are, but because of who we are not, what we lack.

Ancient souls reach depths we cannot understand. They have a connection with God, with the Universe, with Nature, and that's why they are the people who will change the world.

We often feel inferior, as if we have to strive to stay remotely close to their level, to be worthy of their love.

It takes a confident person to love an old soul. But it's worth it. It will change your life.

They are romantic, they are loyal, they help us grow, they are not materialistic, they understand the deep connections in life, they are grateful, they are examples of bravery.

They walk the most painful roads of this life, and yet somehow they find the courage to smile. Of being selfless. Support others. Loving an old soul and being loved by it is a gift from the Universe!”

~Luiza Fletcher

---

At Facebook:

Shantanu Panigrahi

1h ·

Shared with Public

**Experience your thoughts in the waking state only to stay connected and learn about life and living in Brahma-Nature. Life is not a dream Buddhists.**

---

### **Renouncing the World**

<https://www.knowledgeforworldconservation.com/post/renouncing-the-world>

It is assumed that a Swami seeks spiritual union with the Self by renouncing the world.

I am not that kind of Swami. The world is my ashram. I engage with whoever and whatsoever that comes into my path. I value Creation as a tribute to our Creator who we call God.

Truth is sacrosanct to me. Every nook and cranny of Reality must be explored by all Vishista-advaitins through satya-advaita yoga.

Experience your thoughts in the waking state only and stay connected to learn about life and living in Brahma-Nature. Life is not a dream as Buddhists treat it to be. That is why they are escapists from Reality and seek the path to leave the samsara on such a false notion, forcing people to take vows to become Buddhists.

Losing all ones attachments is not renouncing the world. It is necessary for yhe pursuit of truth which alone liberates one from suffering mental anxieties.

---

**13.46 pm (UK-Time) 5 September 2022**

**RE: Could you please forward this on to all MEGAN members2**

Yahoo  
 /  
 Inbox  
 Sam Jones <sam@megancic.org.uk>  
 To:  
 Shantanu Panigrahi  
 Mon, 5 Sept at 13:50  
 Hi Shantanu,

I am sorry to hear of your experience with Britton House. Have you heard anything from them since regarding your medication?

I have spoken with management at MEGAN and have asked about Vikki calling you – unfortunately the calls cannot be continued as Megan only offer short term one to one support via telephone. An email was sent to you on the 3rd August explaining this.

If you have any further queries regarding this issue please contact either Tracey or Catherine at [enquiries@megancic.org.uk](mailto:enquiries@megancic.org.uk)

Thank you,

Sam  
 Samantha Martin  
 Engagement Worker for the Medway User Voice Project  
 Medway Engagement Group & Network CIC (MEGAN)  
 33 Magpie Hall Road  
 Chatham  
 Kent ME4 5NE  
 Mobile: 07523906780  
 Office Tel: 01634 402077  
 Website: [www.megancic.org.uk](http://www.megancic.org.uk)

NEW Logo



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 To start supporting, visit [www.MedwayLottery.co.uk](http://www.MedwayLottery.co.uk)  
 and search for MEGAN CIC

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From: Shantanu Panigrahi <shantanupanigrahi@yahoo.com>  
 Sent: 01 September 2022 13:06  
 To: Sam Jones <sam@megancic.org.uk>  
 Subject: Fw: Could you please forward this on to all MEGAN members

Dear Sam

To tell you the truth I have been very disappointed with the entirety of the Mental Health Services of the State starting with Britton House Community Mental Health Team to whom my GP made a referral for a medication review on Monday this week and when I telephone Britton House at 10.30 am it was confirmed to me that Britton House had received the referral. I had asked the operator to mark it as urgent and said if someone could telephone me back then I would know where this all was heading to. No such telephone calls came, So I am still retained on 4 mg of risperidone, 150 mg of sertraline and 1000 mg of Depakote daily. Britton House management is useless for my needs.

As for MEGAN CIC I was equally disappointed at the lack of Support from Vicky Randall who for some unreasonable reason discontinued her weekly (Thursdays) telephone call to me and I terminated my contacts with MEGAN for that reason as the OnLine Group Sessions on Personality Disorder was unsuitable in my estimation.

So if Vicky Randall could change her mind and telephone me I would update her with the latest developments.

Thank you  
 Shantanu Panigrahi  
 3 Hoath Lane  
 Wigmore  
 Gillingham  
 Kent ME8 0SL  
 Tel: 07967789619

----- Forwarded message -----

From: MEGAN-CIC <enquiries@megancic.org.uk>  
 Cc: Sam Jones <sam@megancic.org.uk>  
 Sent: Thursday, 1 September 2022 at 12:14:01 BST  
 Subject: FW: Could you please forward this on to all MEGAN members

Hi All,

Sam our Engagement worker for the user voice has asked us to share the email with you below – If you have any further questions please contact Sam on sam@megancic.org.uk

Many Thanks

Tracey

From: Sam Jones <sam@megancic.org.uk>  
 Sent: 01 September 2022 11:31  
 To: MEGAN-CIC <enquiries@megancic.org.uk>  
 Subject: Could you please forward this on to all MEGAN members

Hi All,

This is just a reminder to all MEGAN members of the Mental Health User Voice Project.

The Mental Health User Voice Project is a Medway and Kent wide project which gives people in the area the opportunity to feed back about any services that they have accessed for their mental health. Mental Health User Voice is the platform that gives people with mental health (and their families) a voice. We want to hear the positive feedback as much as negative. I have attached a copy of our leaflet for more information. All feedback shared is submitted anonymously to EK360 who collate all comments from across Kent and Medway and report this to the Clinical Commissioning Groups (CCGs) and service providers with the aim of influencing positive change and improving the services available.

You can take a look at the EK360 website for more information on the Mental Health User Voice Project - <https://www.kentmedwayvoice.com/mental-health-forums798b89f5>

If you do have any feedback to share whether it be a comment, compliment or a concern about a service then please do let me know! I am happy to speak with you by phone, email or zoom – whichever is referred. If you have feedback to share but do not want to speak with me directly then you can complete the following short survey - <https://survey.app.do/user-voice-medway-dgs-feedback>

We would like to know:

What happened?

When it happened?

What service/s were involved?

The outcome?

The impact this has had on your Mental Health?

What a good service would look like to you?

WE NEED YOUR FEEDBACK TO MAKE CHANGES FOR THE FUTURE. It takes time for changes to be made but without feedback nothing will change.

I hope to hear from you soon.

Thank you and take care,

Sam 

Samantha Martin

Engagement Worker for the Medway User Voice Project

Medway Engagement Group & Network CIC (MEGAN)

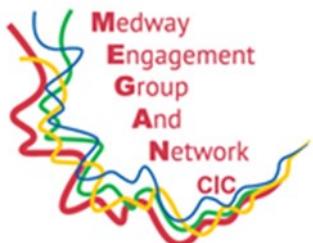
33 Magpie Hall Road

Chatham

Kent ME4 5NE

Mobile: 07523906780  
 Office Tel: 01634 402077  
 Website: [www.megancic.org.uk](http://www.megancic.org.uk)

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---

**RE: Could you please forward this on to all MEGAN members2**

Yahoo  
 /  
 Sent  
 Shantanu Panigrahi <[shantanupanigrahi@yahoo.com](mailto:shantanupanigrahi@yahoo.com)>  
 To:  
[enquiries@megancic.org.uk](mailto:enquiries@megancic.org.uk)  
 Cc:  
 CATLIS Long (LONG CATLIS ROAD SURGERY)

Mon, 5 Sept at 14:27

Dear Tracy

Following on from Sam's email, I telephoned Britton House and was told that a letter has been sent electronically to my GP Surgery at Long Catlis Road and to me that I have not yet received in the post, asking for more details concerning the referral that has been made to Britton House. I asked

the lady if an appointment has been made for me to come to Britton House and the answer was No, and it was clear that the GP has to provide more details. I will make an appointment at the Surgery to have this clarified today. I will delay any further contacts with MEGAN CIC until I know the outcome of the decision by the GP Surgery as to whether I should continue with my present rota of medication, or have it reviewed as appropriate for Britton House to act upon.

A little bit of good news is that Sainsburys at Hempstead Valley Shopping Centre which is very local has agreed to interview me on Thursday for a Food Services Assistant job at 4.00 pm. I am looking forward to that.

Kind regards to all at MEGAN CIC: I do now understand your limitations.

Yours sincerely

Shantanu Panigrahi  
3 Hoath Lane  
Wigmore  
Gillingham  
Kent ME8 0SL  
Tel: 07967789619

[Hide original message](#)

----- Forwarded message -----

From: Sam Jones <sam@megancic.org.uk>  
To: Shantanu Panigrahi <shantanupanigrahi@yahoo.com>  
Sent: Monday, 5 September 2022 at 13:50:36 BST  
Subject: RE: Could you please forward this on to all MEGAN members

Hi Shantanu,

I am sorry to hear of your experience with Britton House. Have you heard anything from them since regarding your medication?

I have spoken with management at MEGAN and have asked about Vikki calling you – unfortunately the calls cannot be continued as Megan only offer short term one to one support via telephone. An email was sent to you on the 3rd August explaining this.

If you have any further queries regarding this issue please contact either Tracey or Catherine at [enquiries@megancic.org.uk](mailto:enquiries@megancic.org.uk)

Thank you,

Sam

Samantha Martin

Engagement Worker for the Medway User Voice Project

Medway Engagement Group & Network CIC (MEGAN)

33 Magpie Hall Road

Chatham

Kent ME4 5NE

Mobile: 07523906780

Office Tel: 01634 402077

Website: [www.megancic.org.uk](http://www.megancic.org.uk)

## NEW Logo



**Your Voice In Mental Health**



MEGAN CIC is signed up with the Medway Lottery

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and search for MEGAN CIC

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 Sent: 01 September 2022 13:06  
 To: Sam Jones <[sam@megancic.org.uk](mailto:sam@megancic.org.uk)>  
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Thank you  
 Shantanu Panigrahi  
 3 Hoath Lane  
 Wigmore  
 Gillingham  
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 Tel: 07967789619

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Many Thanks  
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You can take a look at the EK360 website for more information on the Mental Health User Voice Project - <https://www.kentmedwayvoice.com/mental-health-forums798b89f5>

If you do have any feedback to share whether it be a comment, compliment or a concern about a service then please do let me know! I am happy to speak with you by phone, email or zoom – whichever is referred. If you have feedback to share but do not want to speak with me directly then you can complete the following short survey - <https://survey.app.do/user-voice-medway-dgs-feedback>

We would like to know:

What happened?

When it happened?

What service/s were involved?

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The impact this has had on your Mental Health?

What a good service would look like to you?

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I hope to hear from you soon.

Thank you and take care,

Sam ☺

Samantha Martin

Engagement Worker for the Medway User Voice Project

Medway Engagement Group & Network CIC (MEGAN)

33 Magpie Hall Road

Chatham

Kent ME4 5NE

Mobile: 07523906780

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---

***Update:***

I telephoned the Long Catlis Road Surgery at 3.25 and spoke to the operator setting out what Britton House had said to me. She checked the computer and said that they have not received any letter from Britton House electronically and when it arrives someone will deal with it. I asked do you need me to come to the Surgery to discuss the matter or make a telephone appointment or will that not be necessary. Of course she could not say at this time, so I continued: It is very urgent. The GP

Surgery cannot actually review my medictaions because they are mental health medications. If you do need me to come and discuss it then do let me know. I will leave it with you. Ok Bye Call ended.

---

**Your interview's in the diary**

5 Sept at 14:18

PrintRaw message

Sainsburys Recruitment <hdhe.fa.sender.1@workflow.mail.em3.oraclecloud.com>

To: shantanupanigrahi@yahoo.com

View in Browser



Your interview has been scheduled!

Hi Shantanu,

We've confirmed your interview and we can't wait to meet you. Here are the details:

Date and Time: 08.09.2022 16:00 Europe/London

Requisition: Food Services Assistant

Interview Type: In Person

Interviewer: Kathleen Grandison

Location: Sainsbury's Supermarkets Ltd, Hempstead Valley, Gillingham, Kent, ME7 3PB, United Kingdom  
gillingham

Remember, on the day you'll need to bring proof of your right to work in the UK.

Proof of Right to Work in the UK:

Either a UK or Irish passport, UK or Irish birth certificate with evidence of National insurance number, EU Settlement scheme status, or appropriate visa and supporting documents.

Please note if you are on a student visa you will need to bring an original document from your university confirming you are studying and the course end date. Additionally you will need the timetable showing term dates and any holiday periods

If you need to cancel your interview, please use the interview details link.

For any queries regarding your interview, please contact the location you have applied to or your recruiter.

All the best,

Sainsbury's Recruitment Team

---

On Facebook:

Shantanu Panigrahi

45m ·

Shared with Public

**The Self is so perfect in spontaneously acting as if it is anticipating unfolding Realities that it must be seen to be God directing affairs as a purnaavatara.**

**Is Self as purnavatara God Itself?**

<https://www.knowledgeforworldconservation.com/forum/spirituality/is-self-as-purnavatara-god-itself>

in Spirituality

**The Self is so perfect in its spontaneity of actions as if in anticipation of unfolding realities that it must be seen to be God who is directing the affairs of a purnaavatara.**

***Update:***

Noting came in email and telephone did not ring from anywhere: at just after 5.00 pm published the email to MEGAN copied to the GP Surgery tweeting, facebook and posting it on LinkedIn to force a response from somewhere:

<https://www.knowledgeassessmentanddissemination.com/post/the-abysmal-shape-of-the-mental-health-institutions-of-the-united-kingdom>

---

**17.10 pm (UK-Time) 5 September 2022**

**Review Your Domain's Contact Information**

Bin

from: Wix.com <wix-team@notifications.wix.com>  
 reply-to: "Wix.com" <team@notifications.wix.com>  
 to: shanpanigrahi3000@gmail.com  
 date: 5 Sept 2022, 19:16  
 subject: Review Your Domain's Contact Information  
 mailed-by: notifications.wix.com  
 Signed by: notifications.wix.com  
 security: Standard encryption (TLS) Learn more  
 : Important according to Google magic.  
 Can't see this email? Click here

Review Your Contact Info

#

ICANN, the Internet Corporation for Assigned Names and Numbers, requires that each domain name registrant be given the opportunity to correct any inaccurate contact information (WHOIS data) associated with a domain name registration.

Please take a moment to review the contact information for your domain: knowledgeassessmentanddissemination.com

Name: Shantanu Panigrahi  
 Email Address: shanpanigrahi3000@gmail.com  
 Phone Number: +44.7967789619  
 Address: 3 Hoath Lane, Gillingham, ME8 0SL, United Kingdom  
 If everything is up to date, there's nothing more you need to do.  
 To update your contact information, click [here](#).  
 Under the terms of your domain registration agreement, the provision of false WHOIS information can be grounds for cancellation of your domain registration. You can review the full ICANN policy [here](#).

#

Need help? Visit the Help Center or contact us.  
 Please do not reply to this email.  
 500 Terry A. Francois Blvd., San Francisco, CA 94158  
 Wix.com Ltd., Wix.com Inc.  
[www.wix.com](http://www.wix.com)  
[View our Terms of Use and Privacy Policy.](#)

---

***Update:***

Deleted the email: I have nothing to do with any of the websites: they belong to Wix, Internet Archive, and Bravenet to do what they think is legally permitted. I have no domain names on auto renew. Similarly, Lulu Publishing is solely responsible for the contents of the 74 books in print and 74 eBooks of my company, The Conservative Libertarian Company Limited. Nothing else will be published in the websites Lulu or Internet Archive. This document will serve to defend myself in Court with appropriate qualifications.

---

***Last Updated: 19.31 pm (UK-Time) 5 September 2022***

**Do You Need WordPress Web Developer/Designer?**

Spam

from: Aman Kumar <seo-aman@outlook.com>  
 to: Aman Kumar <seo-aman@outlook.com>  
 date: 5 Sept 2022, 19:33  
 subject: Do You Need WordPress Web Developer/Designer?  
 mailed-by: outlook.com  
 Signed by: outlook.com  
 security: Standard encryption (TLS) [Learn more](#)  
 Why is this message in spam? It is similar to messages that were identified as spam in the past.  
 Report as not spam  
 Hi,

I hope you are staying safe and healthy in 2022! Need a new website or something on your current site changed? Do you have an error or an issue with a plugin? I provide expert design and development to everything related to WordPress. I have over 10 years of experience working on websites! I will design, build, secure, repair, and SEO empower your WordPress websites so they look great, load lightning fast, and rank high in search engines.

SKILLS:-

Avada theme  
 Elementor  
 Visual Composer Woocommerce  
 WP Bakery  
 Divi Theme  
 Genesis Framework  
 Slider Revolution  
 Theme Installation  
 Theme Customization  
 Plugin installation  
 Custom WordPress Website  
 Redesign WordPress Website  
 Plugins & API's Integration  
 Payment Gateways  
 Error's Fixing  
 Repairing hacked sites

I pride myself on the following across all of my projects:

Open Communication - There are many people out there who know how to code or work on WordPress. Not everybody knows how to listen to your needs and requirements, follow up with you promptly, meet deadlines, or talk about your website in a way that's not filled with technical fluff that you won't understand. In addition to these, I always strive to be open, friendly, easy, and fun to work together. Skype, Google Meet, Call, Text, WhatsApp, etc... I'm available on all platforms.

Honesty First - I'm going to be upfront with you about your project. I will give you an accurate estimate of the time and cost before we begin. If it's something I cannot do, I will let you know that the project does not fit my skills. As a one-person freelancer, I love giving individualized attention to my clients. Still, I also know when it's best to refer to the experts in graphic design or social media marketing experts (these are not my areas of expertise!)

Rich Experience - I've been building WordPress websites for a long time and am experienced in WordPress, CSS3, WooCommerce, analytics, web hosting, domain, and DNS support... I work on a variety of projects of all sizes, from major international companies to startups. My strong points are in themes such as Avada, Divi, The7, X Theme, Enfold, and the plugins and the top page-builders that come with them. WooCommerce and the integration of plugins, website migration, security, and optimizing WordPress.

If you are interested, then let me know your requirement, so I can assist you with best solution.

Regards,  
Aman,

...

[Message clipped] [View entire message](#)

### Can You Give Attention To This Message?

Spam

from: Do You Truly Need This <fallonolson245@gmail.com>  
 reply-to: adeliacassius03@gmail.com  
 to:  
 bcc: shanpanigrahi3000@gmail.com  
 date: 5 Sept 2022, 19:43  
 subject: Can You Give Attention To This Message?  
 mailed-by: gmail.com  
 Signed by: gmail.com

security: Standard encryption (TLS) [Learn more](#)

-

Hi,

Do you have any project that requires funding? We are part of a Major Fund Management team and we are currently offering funding for Projects that are "shovel ready" for execution .

Kindly advice with your project briefs if you have any project that needs investment funding or loan.  
 Best regards  
 Mrs. Adelia Cassius

**Can You Give Attention To This Message?2**

Yahoo

/

Inbox

Do You Truly Need This

-- Hi, Do you have any project that requires funding? We are part of a Major Fund Management team and we are currently offering funding for Projects that are "shovel ready" for execution . Kindly advice with your project briefs if you have any project that needs investment funding or loan. Best regards Mrs. Adelia Cassius

Mon, 5 Sept at 19:43

Shantanu Panigrahi <shantanupanigrahi@yahoo.com>

To:

adeliacassius03@gmail.com

Mon, 5 Sept at 20:00

Dear Sir

Thank you for your email: it landed in my Spam box from where I retrieved it.

My project has been running for 24 years and is nearing completion as you will note from the attached synopsis of Self-Enquiry investigations:SELF-ENQUIRY-digital.pdf.

As the proposal makes clear I will settle for less than £3.5 million from you in damages and compensation provided an apology is also received from Her Majesty the Queen of the United Kingdom.

Hope to receive your considered reply.

Yours sincerely

Dr Shantanu Panigrahi  
 3 Hoath Lane  
 Wigmore  
 Gillingham  
 Kent ME8 0SL  
 Tel: 07967789619

[Hide original message](#)

On Monday, 5 September 2022 at 19:43:03 BST, Do You Truly Need This <fallonolson245@gmail.com> wrote:

--

Hi,

Do you have any project that requires funding? We are part of a Major Fund Management team and we are currently offering funding for Projects that are "shovel ready" for execution .

Kindly advice with your project briefs if you have any project that needs investment funding or loan.

Best regards

Mrs. Adelia Cassius

Attachment:

**SELF-ENQUIRY-digital.pdf 921.2kB**

---

**22.58 pm (UK-Time) 5 September 2022**

**SEO optimisations best accomplished by shan-ta-hara-kiri**

Inbox

from: Arun Z. Yadav <arun@orbitmediasolution.com> via dizum.com  
 to: shantanupanigrahi@yahoo.com,  
 panigrahi@googlemail.com,  
 shanpanigrahi3000@gmail.com,  
 shah.practice@nhs.net,  
 director@niser.ac.in  
 date: 5 Sept 2022, 23:58  
 subject:SEO optimisations best accomplished by shan-ta-hara-kiri  
 mailed-by: dizum.com  
 security: dizum.com did not encrypt this message Learn more  
 : Important according to Google magic.

Dear Mr ShuntAnus Pangrahi,

In your Monday morning emails (8.10 am, 10.22 am) to various partie you complained that the response to your submission of Sunday was totally unsatisfactory and there had been no acknowledgement of many of your emails.

This is because your emails are automatically discarded on receipt within all of our systems, without being read, as Judge Harvey had directed. Any acknowledgements sent out automatically should be disregarded.

This personal communication to you is an exception, to convey to you in general terms our position and point of view.

Which is

"Fuck off and die."

The first, immediately. The second, slowly and painfully.

Noticed anything odd about your surroundings recently?

Humbly yours,

Professor S.S. Ganpati

("Sivaji Sudhakar" to my friends, who do not include you)

---

**SEO optimisations best accomplished by shan-ta-hara-kiri**

Yahoo

/

Inbox

Arun Z. Yadav <arun@orbitmediasolution.com>

To:

[shantanupanigrahi@yahoo.com](mailto:shantanupanigrahi@yahoo.com), [panigrahi@googlemail.com](mailto:panigrahi@googlemail.com), shanpanigrahi3000@gmail.com, [shah.practice@nhs.net](mailto:shah.practice@nhs.net), director@niser.ac.in

Mon, 5 Sept at 23:58

Dear Mr ShuntAnus Pangrahi,

In your Monday morning emails (8.10 am, 10.22 am) to various partie you complained that the response to your submission of Sunday was totally unsatisfactory and there had been no acknowledgement of many of your emails.

This is because your emails are automatically discarded on receipt within all of our systems, without being read, as Judge Harvey had directed. Any acknowledgements sent out automatically should be disregarded.

This personal communication to you is an exception, to convey to you in general terms our position and point of view.

Which is

"Fuck off and die."

The first, immediately. The second, slowly and painfully.

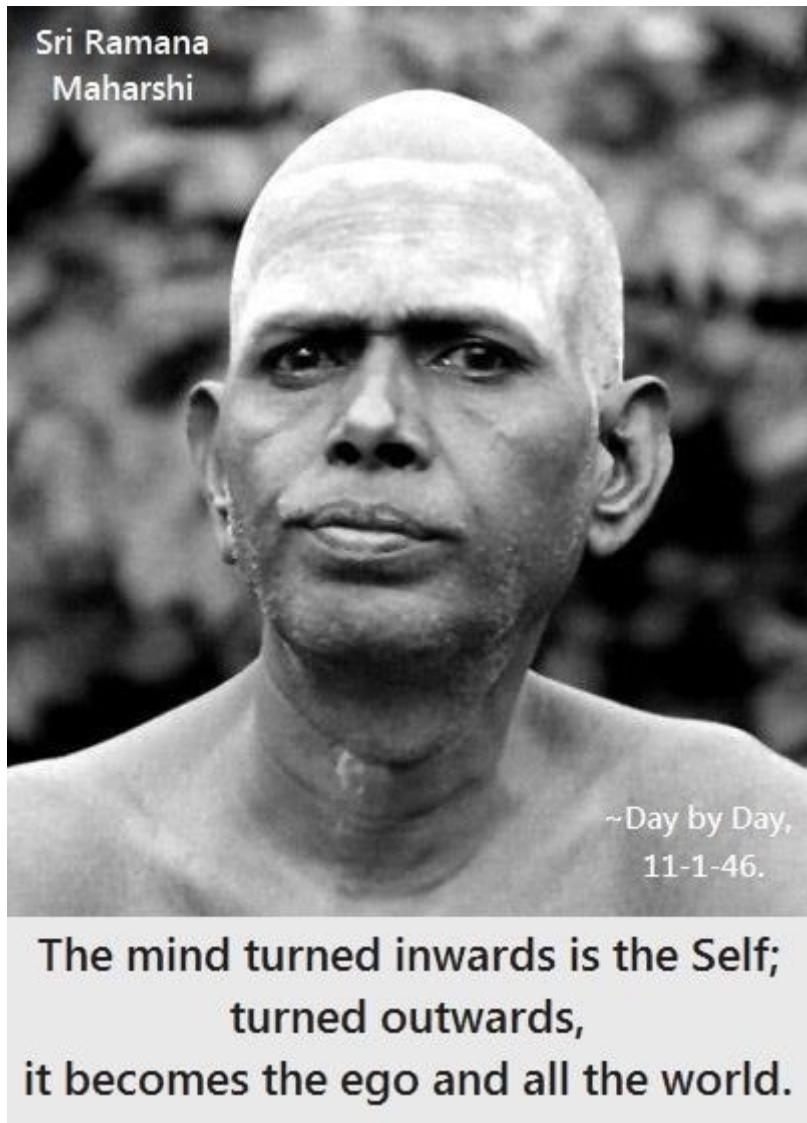
Noticed anything odd about your surroundings recently?

Humbly yours,

Professor S.S. Ganpati

("Sivaji Sudhakar" to my friends, who do not include you)

---



Harsha JoshiAdvaita

52m ·

Ramana Maharishi says: "Solitude is in the mind of man. One might be in the thick of the world and maintain serenity of mind. Such a one is in solitude. Another may stay in a forest, but still be unable to control his mind. Such a man cannot be said to be in solitude. Solitude is a function of the mind. A man attached to desires cannot get solitude wherever he may be, whereas a detached man is always in solitude."

Shantanu Panigrahi shared a memory.

9 m ·

Shared with Public

Very true, two years since I wrote that piece although belief in God now makes me Vishista-advatin. The fundamentals have not changed.

2 years ago

See your memories

Shantanu Panigrahi

6 September 2020 ·

Shared with Public

As a Brahmoadvaitist seeking out my truth path on the assumption that there was/is a Creator God who generated Brahma-Nature consisting of sattvic, tamasic and rajasic gunas as piously-good, evil-materialistic and semi-divine as routinal outlook respectively, I have been changing my objectives perennially judging the reality of each moment of time, minute by minute, hour by hour, day by day and so on. This is just the philosophical basis of Brahmoadvaita. One judges each situation as it comes and determines one's next step towards material and spiritual prosperity. Material prosperity is always required for one's survival in dignity otherwise one may end up as a destitute asylum-seeker and there are no asylums in the world as all the States of the world are police states with their curbs and limitations on personal freedoms. I am therefore not attached to the idea that I had that God created living beings to be living freely in nature. That is certainly a goal to aspire to for the reason that only then is the mind is totally free of anxieties, stresses, unhappiness, turmoil, and one attains momentary and durable peace that may be said to be bliss. One does not become spiritual to attain pious points to go down as a saint and be remembered as that, for that is an attachment to doing good things in life for other members of society, or for future generations, or even for the planet to save the planet if one has fears of global warming climate change or overpopulation and over-exploitation of natural resources. Whilst I have studied the scientific basis of such human worries, one cannot live one's life worrying about the future of oneself even within one's own life, let alone worry about the future generations and other environmental and biodiversity considerations. These worries generate turmoil in the mind, because one seeks to protest against perceived injustices as I have done over 22 years against employers, and a myriad of other members of society national and global on various issues. In my youth I was concerned about worker's rights, campaigned for nuclear disarmament, and possibly on apartheid-based separation of races within States and into Nation-states thinking and exploring whether there is a utopia to be aspired to in a One-World philosophy, whether religiously-contemplated or atheistic-humanly contemplated. At 63 and half years of age I am now even less worried about making my points of science and law on these issues than ever in the past, for at the end I found that the struggle for dharma-yudha based protestations and resistance to perceived State-tyranny mentally and physically, and taking calculated steps to protect myself against the perpetrators of tyranny through flight or fight means periodically and in a sustained manner only brought one into conflict with how Nature has evolved throughout the world into its various States currently which are all changing their borders and associations in accordance with their changing geographical-positional, natural and financial resource realities and human diversity of mind, so that it is impossible for anyone to think that one has or could have solutions for human misery and that of other beings be that for the alleviation of poverty or health concerns, because Nature will take its course. That is Brahmoadvaitic outlook. Do not fight Nature, do not engage in dharma-yudha for dharma is a fallacious idea beyond the need to do what one can to live for another moment if life allows it in the best way possible: for me that is by honesty and adjustment to the reality that presents itself moment by moment. So I do not now regard anyone as a criminal or evil in the Abrahamic sense: I now regard all people to be part of Nature and we need to live in that human and natural environment to generate as much prosperity for ourselves individually as Nature will allow now for the present, not in the future in terms of planning for better days, years and decades to come or for future generations or patriotically in terms of nationalism for one's so-called cultural traditions as being within the communal living condition of mentality within States.

Having attachments to ideas for how to lead a good life for oneself or for others now and into the future is therefore human beings single and most undesirable mental attribute, that one needs to shed and shrug off through yoga of the mind, and never making judgments and decisions but living spontaneously to soothe the mind at any given moment in time and face the consequences.

Thus, one does only what one needs to do to survive in the short term and leave the opportunities for survival in the medium to long term to be revealed by Nature for it is so full of imponderables that worrying about what may happen in the future causes one ill-health mentally and therefore physically by one having to fish for aims, solutions, objectives and the seeking of opportunities to better oneself for material or spiritual goals which are also attachments that disrupt the peace of mind. So stay still and calm and the mind will generate the ideas for survival with or without dignity by seeing what happens next.

Survive the best one can in the circumstances that exists moment by moment with the highest level of intelligence that one is endowed with genetically which is only retarded when one has attachments: Intelligence to survive is therefore at its peak when one does not have attachments, and therefore is the best strategy to live to one's genetic potential for longevity in the most comfortable and dignified manner possible. That is the path to living optimally in Nature and is the only 'purushottama'-status for a Brahmoadvaitist.

One is therefore free of material and spiritual attachments: and that is freedom; that is liberty. There is no other moksha during life or for the consideration of life after death as a soul/atman.

---

**07.32 am (UK-Time) 6 September 2022**

Blogged the received email this morning, tweeting, facebooking and posting it on LinkedIn and then published this book:

<https://www.knowledgeassessmentanddissemination.com/post/seo-optimisations-best-accomplished-by-shan-ta-hara-kiri>

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**Last Updated: 08.03 am (UK-Time) 6 September 2022**

**Deputy District Judge Harvey's Directions and Order2**

Yahoo/Sent

Shantanu Panigrahi <shantanupanigrahi@yahoo.com>

To:ccmcce-filing@justice.gov.uk

Tue, 6 Sept at 11:48

To

County Court Money Claims Centre

Dear Sir

Further to my earlier communications and the deposition linked here for referral: Lawyers are in short supply in the United Kingdom, I need one immediately | The Conservative Libertarian Party of USA (odoo.com) <https://the-conservative-libertarian-party-of-usa.odoo.com/blog/our-blog-1/lawyers-are-in-short-supply-in-the-united-kingdom-i-need-one-immediately-4>

, please clarify the following message that I received this morning as to whether it is a genuine Direction of the Judge in which case I wish to appeal against it, or is a troll harassing me as they have done incessantly since this matter was brought to your attention:

SEO optimisations best accomplished by shan-ta-hara-kiri  
(knowledgeassessmentanddissemination.com)

<https://www.knowledgeassessmentanddissemination.com/post/seo-optimisations-best-accomplished-by-shan-ta-hara-kiri>

SEO optimisations best accomplished by shan-ta-hara-kiri

SEO optimisations best accomplished by shan-ta-hara-kiri Inbox from: Arun Z. Yadav  
<arun@orbitmediasolution...

Yours sincerely

Dr Shantanu Panigrahi  
3 Hoath Lane  
Wigmore  
Gillingham  
Kent ME8 0SL  
Tel: 07967789619

***Contents of the first link:***

Lawyers are in short supply in the United Kingdom, I need one immediately

Urgent Need for a Lawyer specialising in Mental Health

Our blog

Lawyers are in short supply in the United Kingdom, I need one immediately

I received an Order from a convened Court, that I feel is objectionable, as follows:

From CCMCC (County Courts Money Claims Centre) PO Box 627, Salford, M6 0BY, DX: 702634  
Salford 5 T: 0300 123 1372; Min-com for deaf and hard of hearing: 0300 123 1264 F:0161 743 4023  
E: ccmcccustomers@hmcts.gsi.gov.uk, www.hmcourts-service.gov.uk. 31 August 2018.

HM Courts & Tribunals Service

Dr SHANTANU PANIGRAHI, 3 HOATH LANE, WIGMORE, GILLINGHAM, KENT ME8 0SL

Our Ref:

Your Ref:

Dear Sir/Madam,

Please be advised your Claim Form was referred to the Deputy District Judge Harvey who had the following directions:

In the matter of: Practice Direction 7EPD.2

And in the matter of: two N1 Claim Forms requested to be issued by Dr Shantanu Panigrahi of 3 Hoath Lane, Wigmore, Gillingham, Kent, ME8 0SL ('the Claimant')

Background

1 The Claimant has submitted to the court two N1 Claim Forms for issuing against Wigmore Medical Centre for £100,000 and against Mrs Theresa May, Prime Minister, for £3000 respectively.

2 The Claimant has also submitted an EX160 form to apply for help with court fees.

3. All forms submitted to the court are unsigned and the Claimant has refused to co-operate with the court office (HMCTS) in relation to their correspondence dated 6th August 2018.

4. Upon reference to a Deputy District Judge, it appears desirable that HMCTS take such security measures as it thinks fit under Practice Direction 7EPD.2 to control and manage any process requested by the Claimant.

**Order of the Court's own motion without a hearing**

It is ordered that:

1. The Claimant may not start any claim electronically via HMCTS website unless he complies with the requirements set out in the letter from HMCTS dated 6 August 2018 and he provides such personal information for identity purposes as is required by the Practice Direction, such information to comprise original documents such as a passport or driving license and utility bill or bank statement not older than 3 months showing the Claimant's address.

2. The Claimant is advised that the court will not enter into any email communications with the Claimant and any further communication must be by post only and relate to the requirements set out in paragraph 1 above.

3. Because this Order has been made without a hearing, the parties have the right to apply to have the Order set aside, varied or stayed. A party making such an application must send or deliver the application to the court (together with any appropriate fee) to arrive within seven days of service of this Order. If the application is one which requires a hearing, and

- a) the party making the application is the Defendant; and
- b) the Defendant is an individual,

then upon the filing of the application the claim will be transferred to the Defendant's home court. In all other cases requiring a hearing the claim will be transferred to the preferred court.

**[SECURITY CLASSIFICATION]**

Yours faithfully,

(Signed)

CountyCourt Money Claims Centre

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2. For whatever reason, I lodged an appeal by email to the County Court Money Claims Centre immediately on receipt of the Order so with the 7 days stipulated in the Order, but heard nothing from the Court.

3. Then suddenly out of the blue I received a Notice from the Central London County Court and with correspondence involving Mr Thomas Bartlett, as representing Mrs Theresa May, and no mention of Wigmore Medical Centre, a Court order was issued to draw me into corresponding with the Court. All I could do was to Appeal to the Central London County Court that served the proceedings citing Claim No E35YM660, that I objected to the transfer of the proceedings to the Defendant's home court rather than my preferred home court as set out in the Claim Form, and that I required time to find a lawyer to represent me. There were further Orders issued by Judges Letham, Backhouse and Parfitt over the past year and 2 months, but no final judgement has been issued and served on me until this moment that I post this at 11.18 am (UK-Time) 2021. So proceedings are still pending following a Hearing that took place between His Honour HHJ Parfitt and myself over a 15 minute period over the telephone on 19 January 2021, between 10.00 am to 10.15 am (UK-Time). I have increased my demand for damages and compensation from the United Kingdom's Treasury to £50 million sterling to be credited immediately into my Natwest Account here in the United Kingdom, and the full restoration of my Blog <https://shantanup.wordpress.co> also immediately.

4. I have in the past contacted Findlaw in the United States to deal with this Order, which has prevented me from pursuing my private prosecutions and civil litigations of up to 1500 institutions and people from all kinds of backgrounds, after trying nearly 50 lawfirms and lawyers in the United Kingdom, but none of whom had the necessary background expertise of mental health issues to assess the Parliamentary and Health Ombudsman's deliberations on my mentality in my complaints to the authorities of the United Kingdom against the National Health Service against Dr Sudhir Patel of Wigmore Medical Centre in his machinations over my diagnosis and treatment and lately directly from the Mental Health Institution of the State through Consultant Psychiatrists Dr Masoud followed by Dr Michael Kingham and Dr F Odesanya, with the attached applicable details:

<https://www.theconservativelibertariansociety.com/post/update-on-the-embezzlement-of-the-funds-of-the-conservative-libertarian-society>.

5. So if there is anyone out there in the United States of America, and in consideration of our Friendship forged through our admiration of previous President Mr Donald Trump in his 4 year term in office, please telephone me on + 44 07967789619, now.

Thank you

Dr Shantanu Panigrahi

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Posted, and tweeted, facebooked and posted on LinkedIn:

<https://www.knowledgeassessmentanddissemination.com/post/deputy-district-judge-harvey-s-directions-and-order>

---

**The Conservative Libertarian Party of the United Kingdom, your performance report for August 2022**  
 in TCLP-UK proceedings  
<https://www.theconservativelibertariansociety.com/forum/tclp-uk-proceedings/the-conservative-libertarian-party-of-the-united-kingdom-your-performance-report-for-august-2022>

The Conservative Libertarian Party of the United Kingdom, your performance report for August 2022  
 Inbox

<https://theconservativelibertarianpartyoftheunitedkingdom.com>

To  
 John Castle  
 Liberal Democrats

John,  
 Please take a look at my political party that has had its ups and downs but is now restored to full glory: Liz Truss eat your heart out, if you would pass on this message to her.

Yours truly

Shantanu Panigrahi  
 Former member of Labour, UKIP, Liberal Democrats and Conservative and Unionist Parties

----- Forwarded message -----

From: Google Business Profile <businessprofile-noreply@google.com>  
 Date: Tue, 6 Sept 2022, 11:30  
 Subject: The Conservative Libertarian Party of the United Kingdom, your performance report for August 2022  
 To: <shanpanigrahi3000@gmail.com>

48 people viewed The Conservative Libertarian Party of the United Kingdom last month.

Your Business Profile report with 48 interactions\* last monthSee how The Conservative Libertarian Party of the United Kingdom at Room D, 3 Hoath Lane, Wigmore, Gillingham ME8 0SL performed in August 2022 compared to the previous month.See full reportYour performance at a glance0calls0messages47people asked for directions+104%1website visit from profileNo change24profile views-44%\*An interaction is when a customer calls, messages you, makes a booking, is sent to your website, or requests directions from your Business Profile.Show customers you're keeping them safeTake a moment to make sure your Business Profile on Google is up to date, including new health & safety attributes so customers know you're putting their safety first.Update now

---

***Last Updated: 13.40 pm (UK-Time) 6 September 2022***

Shantanu Panigrahi



Ramana Hridayam

13h ·

Pradeep: ANNAMALAI SWAMI REMEMBERED : I had a collection of quotes titled 'Abiding in the I am' based on the teachings of Sri Annamalai Swami that had a close resemblance to the teachings of Sri Nisargadatta Maharaj. I hope they are useful.

Abiding in the 'I am'

These short quotes have been collected from the two books by David Godman on Sri Annamalai Swami titled 'Annamalai Swami – Final Talks' and 'Living by the Words of Bhagavan'.<sup>[1]</sup> Sri Annamalai Swami was a direct disciple of Sri Ramana Maharshi. These quotes have a close resemblance to the teachings of Sri Nisargadatta Maharaj:

1. The direct experience of 'I am' in its absolute purity or the Self is in all of us but the senses make us believe something that is completely untrue. We believe the senses and always ignore our direct experience.
2. 'I am', but not this particular body or mind. 'I am' all.
3. Abide in the 'I am' and realize that the mind never existed.
4. When you see the mind you don't see the 'I am', when you abide in the 'I am' you don't see the mind.
5. To discover that only 'I am' and abide in it irreversibly, continuous meditation in the 'I am' is needed.
6. Don't allocate periods of time to meditate 'I am' with closed eyes. Do it throughout the day while doing all other activities.

---

Shantanu Panigrahi

14 m ·

Shared with Public



Harsha JoshiAdvaita

26 August at 06:57 ·

Ramana Maharishi says: "You are now thinking that you are the body and therefore confuse yourself with its birth and death. But you are not the body and you have no birth and death."

<https://play.google.com/store/apps/details...>

---

**Time is immaterial**

<https://www.knowledgeforworldconservation.com/post/time-is-immortal>

Going into the past of even a moment ago raises fears and uncertainties of the future in that you are attached to something that you have been doing when the act of doing is finished. Self does not recognise time because there are no objectives. One in Self just does what comes naturally and freely to be done without thought as to its meaning or effects because there are no missions at all in Self being beyond the body and mind.

So time is a construct of the mind. Ego generates the mind, so that loss of ego means there is mind. Then ones true nature is apparent as 'I am'. This is the universal Self, and is the meaning of being connected to everything. For those who have not experienced God or gods they call themselves advaitists for as Self they are in total union with the universe (Brahman); Vishista-advaitists are those who believe that God and/or gods exist.

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***Last Updated: 16.32 pm (UK-Time) 6 September 2022***

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